

THURSDAY
MAY 7, 2026



LAMP

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Students explore options at Career Day



Spc. Genesis Melendez, animal care specialist at the Fort Leavenworth Veterinary Treatment Facility, highlights some of the features of an animatronic dog used in training with seventh-grader Amber Cole during the Unified School District 207's Career Day May 5 at Patton Junior High School.

Students explored career opportunities ranging from veterinary services to event coordination to farming and ranching while perusing booths set up in the gymnasium and talking to presenters. Students filled in scavenger hunt worksheets as they learned about the different professions.

See page A3 for the story and more photos from Career Day.

Photo by Prudence Siebert/
Fort Leavenworth Lamp

Scholarship recipients announced

by CGSC Foundation Press Release

The Command and General Staff College Foundation announces the winners of its 2026 competitive scholarship program.

"The CGSC Foundation has proudly served the U.S. Army Command and General Staff College for 20 years, and we're honored to continue supporting alumni and their families through the scholarship program," said CGSC Foundation President and CEO Lora Morgan. "Congratulations to these students, and thank you to their parents and grandparents for being life members of our alumni association."

High school scholarship recipients

Four scholarships were awarded to high school students preparing to enter college.

• **Ian Morgado**, a senior at Leavenworth High School in Leavenworth, Kansas, won the \$5,000 Colonel Stephen E. "Brownie" Brown Scholarship, the top award for high school students.

Morgado will graduate in May 2026 and plans

SEE CGSC FOUNDATION SCHOLARSHIP RECIPIENTS | A4



CGSC Foundation graphic

Personal Property Activity website launches

by Maj. Matthew Visser/
Personal Property Activity

SCOTT AIR FORCE BASE, Illinois — The War Department's Personal Property Activity has officially launched its new website, PPA.mil, creating a centralized digital hub designed to better support DoW personnel and industry partners as they navigate the moving process.

The new platform serves as the definitive single source of truth for all parties involved in

supporting global household goods and vehicle shipment, in-transit storage and non-temporary storage. It replaces previously fragmented platforms by providing a modernized, user-friendly experience that focuses on clarity, accessibility and efficiency.

Designed with warfighters in mind, the website provides step-by-step moving guidance and checklists for every

SEE PERSONAL PROPERTY ACTIVITY WEBSITE | A2

AT A GLANCE

■ The **NATIONAL PRAYER LUNCHEON** with guest speaker Darryl Burton is at 11:30 a.m. May 7 (today) at the Frontier Conference Center. Call 913-684-2210 for more information.

■ Army Community Service's observance of **MILITARY SPOUSE APPRECIATION DAY** is 11:30 a.m. to 1 p.m. at the Resiliency Center, with free food and T-shirts for spouses. Call 520-692-6153 for more information.

■ The next **SPEAKER SERIES HISTORY BRUNCH**, "Santa Fe in World War II: Contributing to Victory," is at 10:30 a.m. May 9 at the Frontier Army Museum.

■ The free Curtain Call performances of "NEWSIES JR." are at 2 p.m. and 7 p.m. May 9 at the Post Theater.

■ The **FORT LEAVENWORTH CAREER SUMMIT** is May 14 at the Frontier Conference Center, with job-seeker workshops from 9 a.m. to 12:30 p.m. and a hiring fair from 1:30-4 p.m. To register or for more information, visit hiringourheroes.org/Leavenworth.

■ The **TENANT SATISFACTION SURVEY** is been extended to May 15. To take the survey, visit [https://cel-](https://cel-survey.com/ArmyHousingSurvey.htm)

[survey.com/ArmyHousingSurvey.htm](https://cel-survey.com/ArmyHousingSurvey.htm).

■ "**FROM ALLEGATION TO PROSECUTION**," an interactive mock trial demonstrating the process of the military justice system through an allegation of sexual assault, is at 9 a.m. and 1 p.m. May 21 in DePuy Auditorium. For more information, contact 913-544-9243 or maureennicole.n.hernandez.civ@army.mil.

■ Upcoming Command and General Staff College ceremonies include the **SCHOOL OF ADVANCED MILITARY STUDIES GRADUATION** May 21 with limited seating, the **INTERNATIONAL BADGE CEREMONY** at 9 a.m. May 28 in Eisenhower Auditorium at the Lewis and Clark Center with open seating, and the **COMMAND AND GENERAL STAFF OFFICER COURSE GRADUATION** May 29 with limited seating. For more information, call 913-684-5428 or e-mail USArmyCGSCPAO@army.mil.

■ **MEMORIAL DAY CEREMONIES** are May 25 at 9 a.m. at the **Leavenworth National Cemetery** and at 11:40 a.m. at the **Fort Leavenworth National Cemetery**.

■ The **KIDS' FISHING DERBY** is 8-11 a.m. May 30 at Merritt Lake.

■ The **FORT LEAVENWORTH RECYCLING**

CENTER no longer has 24/7 access. New hours are 7 a.m. to 4 p.m. Monday through Friday. The center is open the first weekend of the month and closed federal holidays.

■ The 2026 **MOTORCYCLE SAFETY FOUNDATION TRAINING** is open for enrollment for the **BASIC RIDER COURSE** and **ADVANCED RIDER COURSE**. For more information and to enroll, visit <https://home.army.mil/leavenworth/my-fort/all-services/safety>.

■ The **ARMY EMERGENCY RELIEF CAMPAIGN** is underway. AER is the Army's official non-profit. Fort Leavenworth has its own AER donation page that accepts allotments, credit/debit cards, Apple Pay, Google Pay and PayPal. To donate, visit https://give.army-emergencyrelief.org/site/TR/Events/General?company_id=1061&pg=company&fr_id=1060.

■ To sign up to have the latest issue of the **FORT LEAVENWORTH LAMP DELIVERED** to your inbox each week, e-mail ftvlampeditor@gmail.com. Notifications are also available through the **MY ARMY POST APP**.

■ The *Fort Leavenworth Lamp* welcomes contributions by **VOLUNTEER WRITERS** and **INTERNS**. E-mail ftvlampeditor@gmail.com for more information.

Uniting spirit of world game cannot be denied



Submitted photo by Maj. Peng Ning Tan of Singapore

CGSC international military students take on U.S. students in annual soccer match

by Australian Maj. Brett Watson/Command and General Staff College Student



In the Command and General Staff College's annual international military students vs. U.S. students, both sides left everything out on the field after a fiery but friendly clash the night of May 1 at Normandy Field.

The international military student vs. U.S. student soccer match is one of the

sporting highlights of the year at Fort Leavenworth. More than 20 nations were represented in the game, and the passion of the players on both sides was clear.

IMS played in custom red jerseys while the U.S. played in their traditional white

emulating their national team.

After an early goal for the IMS was controversially disallowed due to an offside ruling, the U.S. team netted two good goals to take a commanding lead.

However, a penalty conversion after half-time and a late screamer from the IMS leveled the scores in the dying minutes.

The final result was 2-2, but the best outcome was the camaraderie and sportsmanship on display. There were no broken bones or serious injuries, although many of

the older players were feeling the strain after a full 90 minutes of play.

The IMS will line up for their second game against the British, who are visiting for the second iteration of Exercise Eagle Owl, in the week of graduation.

The unifying spirit of the world game cannot be denied.

Personal Property Activity Website (continued from Page A1)

stage of the relocation process. It also includes resources on permanent-change-of-station moves, personally procured moves, overseas shipments, and guidance for filing claims and shipping privately owned vehicles. It also includes a centralized library of printable tools and guides that help warfighters and their families prepare for their move.

Army Maj. Gen. Lance Curtis, Personal Property Activity commander, said that the website reflects the organization's commitment to improving the relocation experience by offering greater accessibility to military families.

"Our service members and their families deserve a relocation experience built on trust, quality and support," Curtis said.

The Personal Property Activity exists to ensure every move receives quality service throughout the process. Curtis said the website is a critical step forward in delivering on its commitment to give warfighters and their families a single, authoritative place to find the information they need.

In addition to customer resources, the website introduces an industry and government resource center —

Screenshot from PPA.mil

a dedicated portal for transportation service providers, personal property shipping offices, personal property processing offices and government stakeholders to access a repository of the latest advisories, business rules and operational guidance.

The website supple-

ments Military One Source, which will continue to host PPA fact sheets and useful information and replaces the previous Defense Personal Property Program management office website.

Army Col. Mike Ashton, Personal Property Activity director of operations, emphasized the importance of

the new platform.

"This website is an investment in how we communicate and operate across the Personal Property Activity enterprise," Ashton said. "By consolidating our guidance into one website, we improve access to information and create a stronger, more connected

system for military families, our field offices and our industry partners."

Users are encouraged to provide feedback to ensure the platform continues to evolve and meet their needs.

The Personal Property Activity call and operations center will be available 24/7

from May 15 to Sept. 15 to support the peak permanent-change-of-station moving season. Contact PCSCallCenter@mail.mil or 1-833-MIL-MOVE.

FORT LEAVENWORTH LAMP

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Students visit with area professionals as they go from booth to booth to learn about different career opportunities and fill in related scavenger hunt worksheets during Career Day May 5 in the Patton Junior High School gymnasium.

Photo by Prudence Siebert/Fort Leavenworth Lamp

Students explore options at USD 207's Career Day



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Andy Connell, public safety manager for Evergy, left, and Eugene Norris, journeyman lineman with Evergy, right show students how electricity is conducted using a large diorama while sharing safety and career information during Career Day May 5 at Patton Junior High School.

RIGHT: Capt. Kathryn Scholl, chief of rehabilitation at Munson Army Health Center, talks with Bradley Elementary School fourth-graders Aalilah McAnderson and Myah Gonzalez about the educational requirements and skills needed to be a physical therapist during Career Day May 5 at Patton Junior High School.



by Prudence Siebert/Editor

Unified School District 207 hosted Career Day for third- through ninth-graders as an opportunity for the students to be introduced to a variety of professions May 5 at Patton Junior High School.

Students explored career opportunities ranging from veterinary services to event coordination to farming and ranching by perusing informational booths and talking to presenters. Students endeavored to complete scavenger hunt worksheets as they learned about the different professions.

“Our main goal was for kids to be able to see the different careers that are out there and see themselves in those careers, and possibly hear about a career they’ve never heard of before,” said Jamie O’Donnell, grant project director, who organized the event with a grant team and school counselors. “We’ve seen a ton of engagement with students. The volunteers, you can tell, are happy to be here and are excited ... to be able to talk to the kids about their ca-

reers. It’s been a really cool experience.”

Educational grants

O’Donnell said Career Day ties in with how the district is putting educational grants to use, namely the AVID grant, which supports college and career readiness, and the STEM+ grant, which helps make students more aware of careers in science, technology, engineering and mathematics fields.

“The goal of the grant is really just to expand STEM knowledge in students and the opportunities that we provide them, since it’s such a growing industry,” she said.

Job opportunities

Volunteer Career Day presenters shared what education their jobs require and what some of their duties are in their professions with Career Day attendees. Many of the professionals talked with the students about the obvious careers in their fields — such as journeyman lineman with Evergy — but they also made the students aware of other jobs involved that they might not have con-

sidered — such as power plant operator, fleet mechanic, engineer and information technologist.

“We’ve got different job opportunities and (let them know) what qualifications they have to have, what education they can get to help them be the best applicant they could be for those jobs,” said Andy Connell, public safety manager for Evergy.

Connell and Eugene Norris, journeyman lineman with Evergy, showed students via a large diorama how electricity is conducted.

“We’re teaching them about electrical safety, so, what to do if they’re in a car accident if it involves electrical wires or electrical transformers,” Connell said.

Students’ take-aways, presenters’ offerings

Patton sixth-grader Lillian Snow said she was intrigued by the Federal Aviation Administration’s booth.

“They work with drones and stuff — seems pretty interesting,” she said.

Snow said she was hoping to see an animator at Career Day and described the event as crowded, with good diagrams and examples on display at the booths.

Patton sixth-grader Sophie Adams said she was surprised by what was on display at the veterinary services booths.

“The animatronic robot dog thingy kind of scared me, not going to lie,” she said. “It was kind of weird seeing a dog heart in a jar and then seeing tapeworms and stuff in jars. It was very weird — it wasn’t gross, I just wasn’t expecting to see that when I came.”

Spc. Genesis Melendez, animal care specialist at the Fort Leavenworth Veterinary Treatment Facility, showed students the capabilities of the animatronic dog used in training, which she referred to as “Diesel.”

“He helps me practice and sharpen all of my skills in order to get the best care possible for your pets,” she told booth visitor Amber Cole, Patton seventh-grader. “That

SEE CAREER DAY | A4

Current educational grants at USD 207

by Bradley Elementary School/Unified School District 207

Project AVID:

Advancement Via Individual Determination

Project AVID supports academic success for military-connected students by implementing schoolwide, research-based strategies that strengthen skills in reading, writing, math and overall learning. AVID’s framework, centered on WICOR (writing, inquiry, collaboration, organization and reading), helps students build strong academic habits, critical thinking skills and the mindsets needed for college and career readiness.

The grant provides professional development and ongoing support to help teachers effectively implement AVID strategies. This includes training in AVID’s core principles, classroom routines, organization systems, focused note-taking and ways to foster a college- and career-ready culture across all schools.

Project STEM+:

Science, Technology, Engineering, Math and Belonging

Project STEM+ expands opportunities for students to feel connected to their school community and strengthen achievement in science and mathematics. Through engaging STEM curricula, hands-on learning and inquiry-based programs, including makerspaces, a done club, STEM club, e-sports and expanded Project Lead the Way course offerings, students gain meaningful experiences that prepare them for future-ready pathways in an increasingly STEM-driven world. With expanded student access to hands-on STEM experiences, Project STEM+ provides a sustainable foundation that supports academic growth, skill development and future-ready preparedness.

Project ARMIES:

Anchoring Reading and Mathematics In. Exercise (Health) Sciences

Project ARMIES brings research-based health science strategies into daily instruction to boost both academic, physical and behavioral achievement for Fort Leavenworth students. The grant supports a district-wide program that utilizes activities combined movement and technology to enhance cognitive skills, engagement and overall

well-being. By integrating cross-lateral movements, sensory processing and aerobic exercise into the learning process, Project ARMIES aims to enhance student success in math and English language arts across all tiers of support.

Project WIN:

Well-Defined Individualized Novel Interventions — What I Need to Succeed in Mathematics and Reading

Project WIN strengthens academic success for Fort Leavenworth students by providing targeted, research-based support in math and English language arts. The grant focuses on closing learning gaps using research-based approaches, including structured literacy, evidence-based mathematics instruction and a comprehensive, multi-tiered system of supports. By analyzing each student’s need and providing supports of varying intensity, Project WIN ensures that all students receive the right level of academic support at the right time. The grant also invests in high quality professional development, equipping teachers with the tools and strategies needed to help every learner excel.

Career Day (continued from Page A3)

way, if I were to make a mistake, I do it on him, I do not do it on your pets.

"I can do all sorts of things with this dog — I can put a breathing tube inside of him, what we call an endotracheal tube. You can also feel a vein right here... I can fill this dog up with blood, and that way I can make him bleed if I wanted to — with that vein, I can try and do a catheter or just pull simple blood out of it."

Melendez showed students how the training aid could help her practice suturing a paw laceration or putting on a bandage wrap, and many of them felt "Diesel's" pulse where a dog's femoral artery would be on the hind leg. She shared the many veterinary services career options with students, including the schooling needed to become a veterinarian or a vet technician, and told them about some of the things they do in their jobs.

Patton sixth-grader Camryn Baldwin said she was considering dentistry or cosmetology as careers. Adams said that most of their interests, like theater, are hobbies at this early stage.

"I'm like a big theater kid, so I'll probably just resume theater and stuff until I get like a job that gives me like a good amount of pay," Adams said.

Bradley Elementary School fourth-grader Myah Gonzalez said she came to Career Day hoping to see judges, singers and paramedics, and find out what they do in their jobs. Beyond exploring possibilities for the future, she and fellow fourth-grader Aaliyah McAnderson noted that many of the professionals help people and are part of a community team and their professions require several years of college.

Capt. Kathryn Scholl, chief of rehabilitation at Munson Army Health Center, talked with the students who visited her booth about physical therapy.

"(I'm) talking to them about the path school-wise to become a PT, so a four-year bachelor's degree and then a three-year doctorate program," Scholl said. "A lot of the younger kids are just kind of curious as to what it is I do and the patient population I work with. It's a nice blend of critical thinking and science but also getting to help other people."

City Commissioner Mayor Pro-Tem Rebecca Hollister talked with students about making laws, planning budgets, following a city budget and working with others. She encouraged students visiting her booth to write laws they would pass on sticky notes and add them to her display. Student-suggested laws included that everyone has to swim, turtles can fly, no more war, no smoking, no more taxes, to be kind to everyone, children can drive and money is free.

"It's fun because when they put things on a Post-It note, they'll put something like, 'Everything's free,' and then a kid next to them will say, 'Well, then how would you pay for anything?' So, they're thinking it through... See, that's why sometimes this stuff is difficult, because it would be great if everything were free, but there are consequences that come with that. It's been so cool to see what they come up with, and (their suggestions are) covering the entire board now."

USD 207 also offered a "play" version of Career Day for the district's youngest students May 6.



ABOVE: City Commissioner Rebecca Hollister encourages students to consider what laws they would make and write their suggestions on her display board during Career Day May 5 at Patton Junior High School.

LEFT: Patton Junior High School sixth-graders Lillian Snow, Sophie Adams and Camryn Baldwin feel an animatronic dog's "pulse" on the hind leg where the femoral artery would be as they learn about careers in veterinary medicine from Spc. Genesis Melendez, animal care specialist at the Fort Leavenworth Veterinary Treatment Facility, at Career Day May 5 at Patton Junior High School.

Photos by Prudence Siebert/Fort Leavenworth Lamp

CGSC Foundation scholarship recipients (continued from Page A1)



CGSC Foundation graphic

Ian Morgado, a senior at Leavenworth High School in Leavenworth, Kansas; Saedi Post, a senior at James I. O'Neill High School in Highland Falls, New York; Mary Rohde, a senior at Catholic Central High School in Steubenville, Ohio; Andrew Doyle, a senior at Fort Campbell High School, in Fort Campbell, Kentucky; Andrew Rohde, a biochemistry student at Ohio State University; Melanie Libby, a strategic communications student at the University of Missouri School of Journalism; and Brian Williams, a computer engineering student with a focus on cybersecurity and hardware security at Pennsylvania State University, are the recipients of the Command and General Staff College Foundation's 2026 competitive scholarship program.

to study history through Yale University's War and Society program, focusing on how war shapes societies and how society shapes war. Morgado desires to expand his understanding beyond the tactics and battles of military conflict, emphasizing how war transforms the lives of everyday individuals. History provides Morgado great personal fulfillment, whether he's building and painting scale models, wargaming with friends, or reading any history book he can get his hands on. He's also an avid NASCAR fan. Morgado's alumni sponsor is his father, Col. Andrew Morgado, principal assistant to the dean at Army University, who is a 2005 graduate of CGSC's Command and General Staff School and 2006 graduate of the School of Advanced Military Studies. Morgado plans to use his \$5,000 scholarship to help pay for room and board.

• **Saedi Post**, a senior at James I. O'Neill High School in Highland Falls, New York, was awarded a \$1,000 scholarship.

Post will graduate in May 2026 and plans to study mechanical engineering. Post has a passion for STEM and has always been drawn to problem-solving. She enjoys CrossFit, training nearly every day, and hopes to make it to the CrossFit Games someday. Post's alumni sponsor is her father, Col. Riley Post, deputy director of The Research and Analysis Center at Fort Leavenworth and a graduate of CGSC. Post plans to use her \$1,000 scholarship to cover school-related expenses.

• **Mary Rohde**, a senior at Catholic Cen-

tral High School in Steubenville, Ohio, was awarded a \$750 scholarship.

Rohde will graduate in May 2026 and plans to study nursing, as she enjoys helping people and wants to make an impact on the lives of her community. Rohde is a varsity athlete, secretary of her student council, and serves as a youth advocate for drug and alcohol prevention and mental health awareness. She is also a patient care technician at a local hospital. Rohde's alumni sponsor is her grandfather, retired Col. Bruce David Brandes, CGSOC alumnus. Rohde plans to use her \$750 scholarship to help pay for books and laboratory fees.

• **Andrew Doyle**, a senior at Fort Campbell High School, in Fort Campbell, Kentucky, was awarded a \$500 scholarship.

Doyle will graduate in May 2026 and plans to attend the University of North Carolina Chapel Hill to study finance, eventually earning a master of business administration in finance. He has always had an interest in finance and excelled in math, and he looks forward to combining those in a future career. Doyle's alumni sponsor is his father, Lt. Col. Peter Doyle, a 2018 graduate of CGSC. Doyle plans to use his \$500 scholarship to help pay tuition.

College scholarship recipients

Three scholarships were awarded to college students continuing their education.

• **Andrew Rohde**, a biochemistry student at Ohio State University, was awarded a \$1,000 scholarship.

Rohde plans to attend medical school

after earning his undergraduate degree. Andrew runs distance for the Ohio State University Cross Country and Track Team and is involved in the OSU Catholic Medical Association where he has the opportunity to serve patients at the Wexner Medical Center on a weekly basis. Rohde's alumni sponsor is his grandfather, retired Col. Bruce David Brandes, CGSOC alumnus. Rohde plans to use his \$1,000 scholarship to help pay for books and expenses.

• **Melanie Libby**, a strategic communications student at the University of Missouri School of Journalism with a minor in environmental science and a certificate in multicultural studies, was awarded a \$750 scholarship.

She is part of the Public Relations Student Society of America where she creates digital marketing campaigns for local nonprofits. She also volunteers in her community, including the Central Missouri Humane Society. Libby's alumni sponsor is her father, retired Lt. Col. Mark Libby, a 2008 graduate of CGSC. Libby plans to use her \$750 scholarship for books and room and board.

• **Brian Williams**, a computer engineering student with a focus on cybersecurity and hardware security at Pennsylvania State University, was awarded a \$500 scholarship.

Williams' goal is to contribute to securing critical systems and infrastructure, and he is especially interested in national and global security. He also enjoys building and modifying cars, which allows him to ex-

plore hands-on mechanical and technical skills. Williams' alumni sponsor is his father, Maj. Brandon Williams, a 2025 graduate of CGSC. Williams plans to use his \$500 scholarship on tuition, textbooks, and other academic expenses.

The CGSC Foundation's scholarship program is open to high school seniors who will begin their college studies in the next fall and for undergraduate college students returning to school. Applicants must be immediate family members (children, grandchildren and spouses) of a life member of the CGSC Foundation's Alumni Association.

The top scholarship for high school applicants in the program is the Colonel Stephen E. "Brownie" Brown Scholarship, named in honor of a U.S. Marine officer who retired from active duty in February 2009 and became an instructor at CGSC in 2010. His network of lifelong friends approached the CGSC Foundation to establish the scholarship in Brown's name to honor his lifetime of service and their friendship.

The CGSC Foundation welcomes donors who may not have eligible relatives but wish to support the scholarship program. Those interested can support the scholarship program by visiting www.cgsc-foundation.org/donate.

The CGSC Foundation will announce details about the 2027 scholarship program in fall 2026.

MAHC NCO earns Army leadership award at Senior Leader Course

by Christina Yager/Munson Army Health Center Public Affairs Officer

Munson Army Health Center Radiology Specialist Staff Sgt. Nicholas Cagle was recognized for exceptional leadership, earning the Sergeant Major of the Army Leon Van Autreve Leadership Award in the U.S. Army Medical Noncommissioned Officer Academy Senior Leader Course April 24 at Fort Sam Houston, Texas.

“The SMA Leon Van Autreve Leadership Award is among the highest honors presented at the course level, recognizing a noncommissioned officer who exemplifies excellence across leadership, academics, and professional performance,” said 1st Sgt. Scott Munday, MAHC’s Medical Company senior enlisted leader.

Named after the fourth sergeant major of the Army, the award reflects a legacy of strong, principled enlisted leadership and a commitment to developing soldiers.

Munday said the award represents more than academic success — it identifies NCOs who consistently lead from the front and invest in their soldiers.

“Staff Sergeant Cagle set the standard among his peers through his leadership, professionalism and

commitment to excellence,” Munday said. “This recognition highlights his ability to build strong teams and develop soldiers who are ready to meet the demands of the mission.”

Munday emphasized that leaders like Cagle are essential to sustaining readiness across the force.

For Cagle, his selection is a source of pride and confidence.

“Competing and winning was a way of proving to myself and junior soldiers to never settle and to push yourself for progress throughout your career,” Cagle said.

“Noncommissioned officers are the backbone of our formation,” added Munday. “When we develop leaders who are disciplined, adaptable and focused on taking care of people, we strengthen our ability to deliver care anytime, anywhere.”

The Senior Leader Course prepares NCOs to operate at higher levels of responsibility, equipping them with the skills needed to lead organizations, manage resources and mentor the next generation of soldiers. For medical personnel, this leadership directly contributes to delivering safe, effective care in both clinical and operational environments.



RIGHT: Munson Army Health Center Radiology Specialist, Staff Sgt. Nicholas Cagle, center, is recognized by Medical Center of Excellence Noncommissioned Officers Academy Commandant Sgt. Maj. Eric Price and 32nd Medical Brigade Command Sgt. Maj. Angela Bowley, guest speaker, for exceptional leadership, earning the Sergeant Major of the Army Leon Van Autreve Leadership Award in the U.S. Army Medical Noncommissioned Officer Academy Senior Leader Course April 24 at Fort Sam Houston, Texas.

Submitted photo by Staff Sgt. Amauri Price

Village walk and talk



Photo by Scott Gibson/Fort Leavenworth Garrison Public Affairs

Fort Leavenworth Garrison Commander Col. Todd Sunday, second from right, and Garrison Command Sgt. Maj. David Franks, right, talk with the village mayor and residents during the walk through Santa Fe Village May 5.

The Garrison Commander’s Village Walk program allows mayors to introduce the command team and key staff to members of their community and address concerns in the neighborhoods where they live.

The next village walk is May 13 through Normandy and Osage villages.

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E-mail usarmy.leavenworth.id-training.mbx.pao-inbox@army.mil.



FMWR hosts free Strong B.A.N.D.S. events throughout month of May

by Family and Morale, Welfare and Recreation/
<https://leavenworth.armymwr.com/happenings/strong-bnds-2026>

Strong B.A.N.D.S. — which stands for strong balance, activity, nutrition, determination and strength — promotes healthy, active lifestyles for Army communities. It helps motivate Army soldiers, families, retirees and civilians to get and stay fit.

Commit today. Get stronger and faster. Eat right. Join garrison fitness and wellness opportunities. Learn more about how to improve your body, mind and total health.

Tell your friends and family about Strong B.A.N.D.S., and invite them to make the commitment, too.

Strong B.A.N.D.S. began May 1 and runs through June 6.

This year there is a new retro look and theme: "Let's Get Physical!"

Be sure to check out the fitness and nutrition resources we have put together from Human Performance Resources by CHAMP (Consortium for Health and Military Performance) (HPRC) and the Exchange's BE FIT program and get started today. HPRC provides evidence-based information that empowers members of the military community to be physically and mentally fit, fuel and hydrate properly, maintain social ties, and stay resilient — all pieces of the puzzle that make up total force fitness.

Strong B.A.N.D.S. events

Sixth-annual softball tournament

Games are 5:30-7:30 p.m. every Monday and Wednesday through May 27 at Doniphan Field.

The tournament is open to active duty, civilians, retirees, dependents, spouses and contractors working at Fort Leavenworth ages 18 and older. Letters of Intent were due in April.

League awards will be given for tournament runner ups and tournament champions.

1000lb/400lb Club Meet

The club meet is 1-6 p.m. May 8 and 8:30 a.m. to 5 p.m. May 9 at Gruber Fitness Center.

Participants will do a one rep max in the squat, deadlift and bench press.

They will have three attempts at each exercise.

The highest successful attempt in each exercise will be added together.

Male participants whose total weight equals or is more than 1,000 pounds will win a T-shirt, and female participants whose total weight equals or is more than 400 pounds will win a T-shirt.

Division winners will also be awarded in male heavyweight 180lb +, male lightweight 179lb -, female middleweight 160lb+, and

female lightweight 159lb -.

Wrist wraps, knee wraps, bench shirts and squat suits are not allowed.

Participants must sign up and reserve a time slot prior to event. Sign up at Gruber Fitness Center or call 913-684-5120.

Aerobathon

The aerobathon is 8:30 a.m. to 1 p.m. May 16 at Gruber Fitness Center.

At this event, group fitness instructors will offer 20-minute demonstrations of their classes for patrons to try out. Try out as many classes as you would like.

Anyone who completes all of the classes will be eligible for a prize.

Registration is not required; just show up.

Call 913-684-5136/3224 for more information.

Disc golf tournament (free)

The disc golf tournament has a staggered start beginning at 8 a.m. May 23 at the disc golf course at Camp Conestoga.

The disc golf tournament is 18-hole, two-person team, best shot rules.

Both players throw from each lie (starting with the tee shot), then the team chooses which of the resulting lies to continue play from, until the hole is completed.

For score integrity purposes, each team is required to keep the score of their opposing twosome. Teams will be sent onto

the course with another team and will keep scores for both their own team and the opposing team. Any team that does not participate with an opposing team will not be eligible to win the tournament.

Prizes will be given for first, second and third place.

Sign up at Gruber Fitness Center or call 913-684-5120 prior to the event.

Weekly resources

Week 1 (May 1-9): Balance

It's key to practice strong communication skills, manage your time and stress, focus on

nutrition, and stay physically active to boost your performance and achieve a healthy work-life balance.

Visit the following websites for balance-related resources.

- Military life balance: <https://www.hprc-online.org/total-force-fitness/tff-strategies/military-life-balance>

- Stress management skill worksheet: <https://www.hprc-online.org/mental-fitness/stress/stress-management-skills-worksheet>

- How social fitness impacts mental fitness: <https://www.hprc-online.org/social-fitness/relationship-building/how-social-fitness-impacts-mental-fitness>

Week 2 (May 10-16): Activity

Staying active can touch just about every

aspect of your physical and mental health. It makes sense why many experts say, "Exercise is medicine."

Visit the following websites for activity-related resources.

- Physical activity builds character: <https://www.hprc-online.org/physical-fitness/training-performance/physical-activity-builds-character>

- How sleep impacts performance: <https://www.hprc-online.org/mental-fitness/sleep/learn-how-sleep-impacts-your-performance>

- Exercise is a Total Force Fitness tool to boost brain health: <https://www.hprc-online.org/physical-fitness/training-performance/exercise-your-total-force-fitness-too-boost-brain-health>

Week 3 (May 17-23): Nutrition

When you choose nutrient-rich, high performance foods and beverages, you feel better and perform better.

Visit the following websites for nutrition-related resources.

- Eat to fuel performance: <https://www.hprc-online.org/nutrition/performance-nutrition/power-plate-eat-fuel-your-performance>

- Caffeine and performance: <https://www.opss.org/infographic/caffeine-and-performance-poster>

- Protein for performance: <https://www.hprc-online.org/nutritional-fitness/performance-nutrition/protein-performance-basics>

Week 4 (May 24-30): Determination

Military life can be tough, but sometimes the most challenging moments of military life are also opportunities to build and showcase your strength.

Visit the following websites for determination-related resources.

- Ways to recover from setbacks: <https://www.hprc-online.org/mental-fitness/performance-psychology/6-holistic-ways-overcome-failure-build-resilience-and-boost>

- Worksheet for performance optimization: <https://www.hprc-online.org/mental-fitness/performance-psychology/smart-goals-worksheet-performance-optimization>

- Readiness and resilience: <https://www.hprc-online.org/total-force-fitness/tff-strategies/your-route-readiness-and-resilience>

Week 5 (May 31 to June 6): Strength

Physical fitness is a key component of military fitness, general health and well-being. It's an important priority for deployability and performance optimization.

- Guidelines to progress physical training over time: <https://www.hprc-online.org/physical-fitness/training-performance/guidelines-progress-your-physical-training-over-time>

- Overcome obstacles to physical fitness: <https://www.hprc-online.org/physical-fitness/training-performance/overcome-obstacles-physical-fitness>

- Military workout planning for beginners: <https://www.hprc-online.org/physical-fitness/training-performance/military-workout-planning-beginners>

Adoptable Pet of the Week: Leonardo



Leonardo (Leo) is a male domestic shorthair/dilute tuxedo cat available for adoption at the Fort Leavenworth Stray Facility. Neuter, vaccinations and microchipping are included in his \$100 adoption fee.

E-mail fortleavenworthstrayfacility@gmail.com for an adoption application or submit an adoption application online at <https://new.shelterluv.com/matchme/adopt/FLSF/Cat>. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open noon to 3 p.m. Tuesday and Thursday and by appointment for pre-approved adopters. Call 913-335-0788 for an appointment or more information. Visit <https://www.petfinder.com/member/us/ks/fort-leavenworth/fort-leavenworth-stray-facility-ks174/> for adoptable pet profiles.

Volunteers are needed to help cover pet care shifts, walk dogs, clean kennels and more. Foster homes for adoptable pets are also needed.

To apply to volunteer with the Fort Leavenworth Stray Facility, visit <https://vmis.armyfamilywebportal.com/>, enter ZIP code 66027, then search for "stray animal facility."



Photos by Prudence Siebert/
Fort Leavenworth Lamp

Fort Leavenworth Stray Facility
510 Organ Ave // (913) 684-4939

Adoptions • Volunteer Opportunities

PETS SAFETY TIPS
Hot Weather Rules For Pets

- KEEP YOUR PET HYDRATED
- KNOW SIGNS OF OVERHEATING
- DON'T LEAVE YOUR PET IN THE CAR
- KEEP PAWS AWAY FROM HOT PAVEMENT

PCS with Pets

If you are going overseas, many countries require vaccinations, testing, and documentation well in advance, so early coordination is key to avoiding delays. Contact the veterinary clinic at 913-685-6510 to get started.

Pet Transportation Assistance

Army Emergency Relief offers zero-interest loans to help the whole Family stay together.

WHAT
Pets are a part of the Family and AER recognizes the financial burden pet transportation can cause during a PCS. To help alleviate this, AER created the Pet Transportation Assistance Program.

WHO

- Active Duty and their eligible Family members
- Reserve and National Guard on Active Reserve and Guard tours
- Reserve and National Guard activated with PCS Entitlements

HOW
Pet transportation assistance is processed by your nearest AER Officer or any military aid office. Soldiers can go directly to their AER offices or chains of command.

For more information, visit www.aerhq.org/news/petassistance

CARRY ON SMARTLY

DeCA will no longer charge for single-use plastic or paper bags.

Except for those locations that must otherwise comply with applicable Federal, State and local requirements.

VMIS Mobile is HERE!
SCAN. TRACK. VOLUNTEER.

VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS)

THURSDAY
MAY 7, 2026



LAMP

Post Notes

SERVING THE COMMUNITY OF FORT LEAVENWORTH, KANSAS, FOR MORE THAN 50 YEARS

Online: <https://home.army.mil/leavenworth/about/news>

B1



2026 Fort Leavenworth National Day of Prayer Luncheon



Guest Speaker: Mr. Darryl Burton
*Inspiring story of being wrongly convicted
in prison for 24 years*

<https://www.darrylburton.org/>



- ALL INVITED! Fort Leavenworth Community
- Thurs, 7 May 26 / 1130-1300
- Frontier Conference Center
- **FREE Meal: Provided by the Fort Leavenworth Chapel Communities.**

Kindly RSVP via QR Code

- POC: christopher.w.weinrich.mil@army.mil



UNCLASSIFIED

Military Spouse Appreciation Day



May 8 • 11:30AM - 4PM
Resiliency Center // 600 Thomas Ave.

It's Military Spouse Appreciation Day, so let ACS show you some love!
Head over to the Resiliency Center and grab a hamburger, hotdog, and a Military Spouse Appreciation T-Shirt, all for FREE!
The t-shirts are first-come, first-served, one T-Shirt per family, and you must be present in order to pick-up. Military ID's will need to be shown to receive a T-Shirt.

Info: (520) 692-6153



**BOSS PRESENTS
MOVIE NIGHT**

Post Theater // 375 Grant Avenue
Movies start at 7PM
Must show your DoD ID at the door!

May 8

PG-13



Come out and join us as the BOSS program gives back to the Community by playing FREE movies inside the Post movie theater. Prepackaged snacks and drink can be purchased at the snack bar. No outside food or drinks are authorized.

For all movies children 12 and under MUST be accompanied by an ADULT!
CASH only at the snack bar!

For more info call: (913) 684-2736 • Or visit our website leavenworth.armymwr.com

Speaker Series History Brunch

Presented by the Frontier Army Museum & The Friends of the Frontier Army Museum (FFAM)

Light refreshments served at 10:30a
Presentations begin at 11a.m

Saturday April 4th
"Thompson and his Rifle Demonstrators: Training, Troubleshooting, and Building Confidence in America's New WWI Rifle" with MAJ Jon Krisko

Saturday May 9th
"Santa Fe in World War II: Contributing to Victory" with LTC Bob Walz (ret)

Saturday June 6th
"Kansas City Kansas Community College (KCKCC), The Greatest Generation and You!" With Joe Grasela

Events are free to the public and will be located at the Frontier Army Museum
100 Reynolds Ave Fort Leavenworth, KS

All presentations will be streamed live and recorded on the Friends of the Frontier Army Museum Facebook page:
<https://www.facebook.com/ftleavenworthffam>

Fort Leavenworth Operation Deploy Your Dress

Don't miss your chance to find a dress!
Our Shop will be closing for the summer
We will be back in the fall!

Saturday May 9, 2026

Resiliency Center 600 Thomas Ave.
Appointments 10-12
Walk In 12-2

odydlsc@gmail.com

Fort Leavenworth SKIES Curtain Call Presents:

Disney NEWSIES JR.

Support the local Youth and enjoy a FREE performance!

May 9
Performances at 2pm & 7pm
Post Theater
375 Grant Ave
Fort Leavenworth, KS

House will open 30 minutes before the show.
Call 913-684-3207 for more info

SKIESUnlimited



So, you've filed a report of sexual assault...what happens next?

The Fort Leavenworth Sexual Harassment Assault Response and Prevention (SHARP) Team and the Staff Judge Advocate (SJA) in conjunction with Military Criminal Investigative Division (MCID) and Office of Special Trial Counsel (OSTC) presents:

"From Allegation to Prosecution"

Date: 21 May 2026
Time(s): 0900 and 1300
Location: Eisenhower Hall, De Puy Auditorium
250 Gibbon Ave, Fort Leavenworth, KS 66027

An interactive Mock Trial demonstrating the process of the military justice system through an allegation of Sexual Assault.

Come participate in the mystery of military justice.

For more information, please contact Ms. Nicole Hernandez at (913) 544-9243 or maureennicole.n.hernandez.civ@army.mil

MILITARY SPOUSE APPRECIATION DAY

1300-1500
Friday, May 8th
Exchange Main Store

- ★ SPIN THE WHEEL
- ★ LIGHT REFRESHMENTS
- ★ FIRST 25 MILITARY SPOUSES RECEIVE EXCHANGE SWAG BAG

Fort Leavenworth Spouse Club will be here to help celebrate Spouses and answer questions on all the latest events and happenings on Fort Leavenworth.

EXCHANGE ARMEDFORCESBANK

UPCOMING CGSC EVENTS

- International Military Student Division Sponsorship Recognition Ceremony ← **May 8***
- School of Advanced Military Studies Graduation Ceremony
← **May 21** →
- International Military Student Division Badge Ceremony
← **May 28*** →
- Command and General Staff School Hooding Ceremony
← **May 28*** →
- Command and General Staff Officer Course AY 26 Graduation
← **May 29*** →
- CGSC Academic Year 2027 Start Date ← **Aug. 17***

* Indicates date change from original academic calendar

Hiring Our Heroes
U.S. Chamber of Commerce Foundation

*** FORT LEAVENWORTH ***

CAREER SUMMIT

RESOURCES | TRAINING | CONNECTIONS

MAY 14 | 9 AM - 4 PM

Frontier Conference Center **REGISTER NOW**

Pawnee and Shawnee Walking Town Hall

The Garrison Command Team and Frontier Heritage Communities Representatives welcome all residents to come out and speak with them

19 May 2026 (1630-1730)

Stop #1 Pawnee: Hunt Ct. Cul-De-Sac (Approximately 1645- 1705)

Stop #2 Shawnee: Hatch St./ 1st Cavalry Rd. (Approximately 1710-1730)



Please send any issues to your village Mayor in advance so they can be discussed during the walk thru

Spring into life.
Give blood.

Blood Drive
Ft. Leavenworth
Munson Army Health Center

First Floor
550 Pope Ave.
Fort Leavenworth, KS 66027

Wednesday, May 27, 2026
9:00 a.m. to 1:00 p.m.

Please call 1-800-RED-CROSS (1-800-732-2767) or visit RedCrossBlood.org and enter FortLeavenworth to schedule an appointment.

Get venous traffic! Come to give blood May 19-21 for an exclusive Red Cross Blood Goodie Bag!

1-800-RED-CROSS (1-800-732-2767) | Blood Donor | Download the Blood Donor App

Chaplain Family Life Center

**100% Confidential & Faith Informed
Pastoral Counseling Services**

(Individual, Couple, & Family)

Free for all Service Members, Retirees, DoD/DA Civilians and Dependents

Pastoral counseling provides compassionate support for individuals, couples, and families facing challenges such as anxiety, depression, communication difficulties, conflict, parenting concerns, and spiritual struggles—providing faith-informed guidance to strengthen relationships and promote healthy growth in every season of life.



To book an appointment scan here:



Located at the back of Pioneer Chapel
500 Pope Ave., Bldg. 56
Fort Leavenworth, KS 66027
Government Cell: (913) 680-7336
joshua.m.portwood.mil@army.mil
<https://cal.com/chaplainportwood>

CH (MAJ) Joshua M. Portwood is a trained Pastoral Counselor in Marriage and Family Life. His formal education includes a Masters of Divinity from Gordon Conwell Theological Seminary, a Masters of Science (Marriage and Family Therapy) from Texas A&M-Central Texas, and a Doctorate of Ministry from Vanderbilt University Divinity School.

CAMPUS LIFE MILITARY PRESENTS

MILITARY Camp

25-29 MAY 2026
OPEN TO ALL 6TH-12TH GRADERS

REGISTRATION IS OPEN!

GET READY FOR:

- Muck Wars
- High Ropes Course
- Lake Inflatables
- Nightly Club
- And More!

FOR MORE INFORMATION: CONTACT SAM AT 605.569.3820

Looking for Community? Join Campus Life Military

FB: Ft. Leavenworth Club - Campus Life Military
IG: @campuslifefortleavenworth

Samantha Odle
(805) 569-3820 / sodle@yfc.net

UNITED STATES ARMY FORT LEAVENWORTH SEXUAL HARASSMENT AND SEXUAL ASSAULT RESPONSE WORKFORCE

Ms. Amanda Bonseigneur
Lead SARC
amanda.bonseigneur.civ@army.mil
Teams: 520-669-3474
Office: 913-684-2810
Cell: 913-704-9620
Bldg 197, 632 McClellan Ave

Ms. Cassandra Rozier
Supervisory SARC
cassandra.d.rozier.civ@army.mil
Teams: 520-669-3535
Bldg 197, 632 McClellan Ave

Ms. Sherry Marshall
Victim Advocate
sherry.l.marshall24.civ@army.mil
Teams: 571-588-5945
Bldg 197, 632 McClellan Ave

MAJ Keenan Franklin
SARC
keenan.m.franklin.mil@army.mil
Teams: 520-692-8983
Bldg 197, 632 McClellan Ave

SSG Samantha Lee
Victim Advocate
samantha.d.lee4.mil@army.mil
Teams: 520-725-2936
Bldg 197, 632 McClellan Ave

Mr. Josh Belle
Victim Advocate
joshua.p.belle.civ@army.mil
Teams: 520-945-5992
Bldg 197, 632 McClellan Ave

Ft Leavenworth SHARP Resource Center
Building 197, 632 McClellan Ave "Root Hall"
Fort Leavenworth, KS 66027

At the corner of Kearny and McClellan Avenue, right next to the Post Parade Field. Contact the team at usarmy.leavenworth.cac.mbx.cac-sharp@army.mil

Fort Leavenworth 24/7 SHARP Hotline
913-683-1443
DoD Safe Help Line
877-995-5247

Sexual Harassment Complaint Options
Formal | Anonymous | Confidential | Request for Direct Intervention

Sexual Assault Reporting Options
Restricted | Unrestricted | CATCH-Only

Retaliation Reporting Options
Command | IG | SARC | DoD Safe Helpline | HR/IG/EEO (DA Civ Only)

Installation Model Support

Who Can Get Support?

Service Members, DA Civilians, and Military Dependents (18+) can get support from any Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA).

How to Get Support

- During Duty Hours: Contact a SARC or VA using their listed numbers.
- Anytime (24/7): Call the Fort Leavenworth SHARP Hotline to speak with an on-call Victim Advocate. If you wish to make a report, you can then make a report with the on-call or request a specific SHARP professional for the next duty day.

STEP FORWARD: Prevent. Report. Advocate.
Current as of 25 February 2026

HOT DOG FUNDRAISER


ALL DONATIONS WILL GO TOWARDS THE 2026 MILITARY POLICE BALL AND THE FORT LEAVENWORTH SERGEANT AUDIE MURPHY CLUB

WHEN: 15-16 MAY 2026 | TIME 10:00-16:00
WHERE: FORT LEAVENWORTH COMMISSARY

CASH DONATIONS ACCEPTED

Sponsored by the Fort Leavenworth Commissary
For additional information contact
shawnathon.f.colston.mil@army.mil
cody.j.barratt.mil@army.mil





RED CROSS LIFEGUARD CLASS


Bernstein Memorial Pool
Harney Sports Complex
185 Fourth St.
Fort Leavenworth, KS
913-684-2190

Class Schedule
(min of 8 people)
must attend all dates
Tuesday, June 2nd
0800 - 1600
Wednesday, June 3rd
0800 - 1600
Thursday, June 4th
0800 - 1600
Friday, June 5th
0800 - 1600

Sign up for the Red Cross Lifeguard Class and start making a difference!
Cost is \$165
Deadline to register is COB Wednesday, May 27th
SIGN UP TODAY AT HARNEY SPORTS COMPLEX FRONT DESK!

To participate you must meet the following:

- At least 15 years of age by the end of the last class
- Submerge to 12 feet depth to retrieve an object
- Swim 200 yards
- Tread water for 2 minutes without the use of hands
- Retrieve a 10 pound object from at least 10 feet deep and swim it back to the wall in 1 minute 40 sec.



leavenworth.armymwr.com

Family Advocacy Program Brief

POST THEATER | 375 GRANT AVE | FT. LEAVENWORTH

Recognizing and reporting potential Domestic Abuse and Child Abuse is not always black and white.

Have big questions? We have answers.

The Family Advocacy Program (FAP) is Command supported and Soldier focused. FAP is the Army's official program for preventing and responding to Family violence.

This free, mandatory, annual training will educate Soldiers and leaders about preventing, identifying and correctly reporting Domestic abuse and Child abuse. (In accordance with AR 350-1)

2026 TRAINING DATES:
From 1300 - 1500

- 25 MARCH
- 29 APRIL
- 27 MAY
- 24 JUNE
- 15 JULY

Training is free and for 18+. There is no registration required. For more information call: 520-692-6378 / 6303





STRONGHOLD FOOD PANTRY

OUR MISSION
Serving military families facing food insecurity — with care, dignity & resources whenever & wherever they're needed.

Stronger Together

Help us support our community — donate today

MOST NEEDED ITEMS



JELLY



CANNED CHICKEN



PASTA SAUCE



CANNED FRUIT



PANCAKE MIX



SYRUP



OATMEAL

DOOR PICKUP AVAILABLE
FORT LEAVENWORTH | LEAVENWORTH | LANSING — WE COME TO YOU!

HOURS
Every Wednesday
10:30 am - 1:00 pm
Personal appts available upon request

LOCATION
655 Biddle Blvd
Ft. Leavenworth, KS 66027

CONTACT US
strongholdfoodpantry.org
contact@strongholdfoodpantry.org

BUILDING STRONGER COMMUNITIES — TOGETHER

Strike Zone Bowling Centers

GOOD GRADES SPECIAL

A

Noon - 7 pm
October 25, 2025
January 10, March 28
& May 23, 2026

Kids! Bring in your report cards and receive one free game for every "A" or equivalent. Straight "A"s gets you free sodas for the family (6 max) and all "B"s or better gets you \$2 off any pizza. Games may be used by all family members.

Strike Zone • 165 Fourth Street • (913) 651-2195
<https://leavenworth.armymwr.com>





MUFFINS WITH MOM

May 15 from 1pm - 3pm
EFMP Playground (Behind the Post Theater)
FREE! Event is for ages 2+



Celebrate Mom in the month of May!
Kids can play, plant a seedling to take home, and enjoy a muffin!

All supplies are provided. Please RSVP by May 14th
Call 520-692-6363





ARMY HOUSING TENANT SATISFACTION SURVEY

DATE EXTENDED TO MAY 15

★ U.S. ARMY

Father / Daughter Tea Party

June 6, 2026
2 pm - 4 pm
FCC Ballroom

Register by May 29
520-692-6378 / 6303

Please join us for a special Father/ Daughter Tea Party. Dress to impress in business casual, Sunday best, or Dress Blues. There will be Dancing, Refreshments at Tea Time, Commemorative Pictures, and a Surprise to take home!
FREE and open to Active Duty and Retired Military / Recommended Ages 10 and under



FAMILY Scavenger Hunt



Looking to get outside and have some fun?

June 13
0900-1100
Hunt Lodge
800 Wainwright St.
Fort Leavenworth

Geared toward Active Duty Dads and Families with sons ages 12 and under, this FREE event celebrates Dads Make a Difference Month.

There will be multiple outdoor stations where fathers can pass on their knowledge of military training to their sons. Together, they will complete physical activities such as low crawling, archery, and a three-legged race!

Wear outdoor play clothes, sunscreen, and bug spray. Water will be provided.

Registration is required: Call 520-692-6378 / 6303 to register before June 5



Your Opinion Matters!

"We still need to hear from you"

TENANT SATISFACTION SURVEY

2 MAR 2026 - 1 MAY 2026

Your feedback can make a BIG DIFFERENCE in the quality of life for Army families.

Your Army Wants to Hear from You!




*Completely confidential


We are investing significantly in housing improvements to ensure quality living conditions are provided to our Soldiers and families. Survey feedback will guide the Army's efforts to provide quality, safe and secure housing.



The completely confidential survey will be emailed from ArmyHousingSurvey@ctassociates.com. For additional questions, please contact your local Army Housing Office.

United States Disciplinary Barracks Unit Tribute Ceremony

 **21 May 2026**
 **1000 hours**
 **National Museum of the US Army**
 1775 Liberty Drive
 Fort Belvoir, VA 22060



EST. 21 MAY 1874

Important information:

- RSVP to peter.i.grande.vol@army.mil by 11 May 2026 to ensure receipt of a general admission ticket for museum access after the ceremony.
- The ceremony will be standing only; no chairs or seating available.
- Please arrive 15 minutes prior to ceremony start time.

Visit: www.themusa.org



Veterans Crisis Line

DIAL 988 then PRESS 1

SKIES

Instructional Catalog for Classes
Summer 2026

Registration opens April 13 @ 9am*
Open House July 30 @ 5:30pm

*A current registration with Parent Central is required to enroll. For more info call: 913-684-5138

Patch Community Center
320 Pope Ave
Fort Leavenworth, KS

For more info on SKIES call:
913-684-3207 or text:
913-704-7595

We're on the way!



Join ACS/ New Parent Support for **STORY TIME**

Wednesdays @ 10am
The Resiliency Center
600 Thomas Ave
Fort Leavenworth, KS



Introduce the magic of books and foster a lifelong love of learning!

Story Time is free and open to ages 3 months to 3 years (must have an adult present).

Please call or text by the close of business day on the Tuesday before Story Time.
913-297-3212



Join ACS/ New Parent Support for **Toddler Time**

Wednesdays @ 9am
The Resiliency Center
600 Thomas Ave
Fort Leavenworth, KS



Learn through play as we build social skills, introduce preschool routines, and explore!

Toddler Time is free and open to ages 2 to 3 years (must have an adult present).

Please call or text by the close of business day on the Tuesday before Toddler Time.
913-297-3212



Co-Parenting Workshop

Round 1: March 9, 16, 23, 30
Round 2: June 8, 15, 22, 29
Round 3: August 10, 17, 24, 31
Round 4: December 7, 14, 21, 28
@ 1:00pm - 2:30pm
ACS Classroom 145
600 Thomas Ave

Learning to co-parent after a divorce can feel like being on opposite ends of a chasm.

Our four week workshop will show you how to build a bridge that will enhance parenting skills, enrich positive co-parenting, learn to develop and use boundaries, and establish a joint plan for managing expectations about your children's growth, development, and behavior.

FREE and open to all DoD ID holders 18+ Register by calling 520-692-6378/ 6323
Deadline to register is day before class.

Participants are encouraged to attend every class as each session will be different. Ask about virtual options!



ACS New Parent Support Prenatal Classes 2026

600 Thomas Ave
Room 125
All classes are from 5 pm - 7 pm

Childbirth Classes:
Series of three classes
Jan 5th, 12th, 26th
Mar 2nd, 9th, 16th
May 4th, 11th, 18th
July 13th, 20th, 27th
Sep 14th, 21st, 28th
Nov 2nd, 9th, 16th

Newborn Care Classes:
Feb 2nd
April 13th
June 1st
August 3rd
October 5th
December 7th

Breastfeeding Classes:
February 9th
April 20th
June 8th
August 10th
October 19th
December 14th

Free for Expectant Parents!

Deadline for Registration is the Friday before the class. Pre-registration is required.
Contact 913-297-3212



Come join us to learn the cues to look for when deciding to potty train! Learn valuable tips to get you started!

ACS New Parent Support 2026 Potty Training



Are you ready?

600 Thomas Ave
Room 125
2/23, 4/27, 6/15, 8/17, 10/26, 12/21
5 pm - 7 pm

Time to lose the diapers?

FREE for Parents of Children aged 0-4 years
Pre-registration Required
Deadline is Friday before class
Contact 913-297-3212



HYC

School is in session, but the FUN doesn't need to stop! Hang with your friends and make some memories!

FREE TEEN AFTER-SCHOOL PROGRAM

- Free After School Snacks
- Homework Help
- STEM Programs
- Gym Activities
- Music Classes
- Arts & Crafts
- Bowling Club
- Bike Club
- Fishing Club
- Strength Training
- Youth Sponsorship Club
- Video Games & Tournaments
- Homework & Technology Labs
- Monthly Parties/ Dances
- Non-School Day Field Trips
- Friday after 6pm & Saturday Special Events

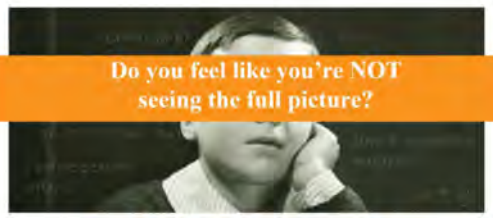


*Enroll now at Harrold Youth Center 45 Biddle Blvd

HYC Hours
Mon-Thurs 3pm - 6pm
Friday 3pm - 9pm
Saturday 1pm - 7pm
Non-School Days Open at 1pm
Closed Sunday

Administrative Hours
Monday - Friday
9am - 5:30pm

*HYC is for 6th - 12th Graders only. Must be registered with CYS Parent Central prior to enrolling. Stop by for our monthly calendar! Contact 913-684-5138 for more info on registration and eligibility



Do you feel like you're NOT seeing the full picture?

Get help that makes sense with the HYC Homework Lab!

HYC Homework Lab*
M - F
After school from 3pm - 6pm

Harrold Youth Center
45 Biddle Blvd
Fort Leavenworth, KS
(913) 684 - 5115

FREE after school program for Teens!

Offering:
Homework / Tutoring
ACT / SAT Prep Nights
Money Matters Classes
Career Launch
College Visits
Science Club

*For eligible 6th - 12th graders Must be registered with CYS



EFMP Lending Library

A new resource just for you!

We're open M - F
7:30am - 4pm

Room 155E
The Resiliency Center, Bldg 198
600 Thomas Ave
Fort Leavenworth, KS

The Lending Library is a free resource room designed for Families enrolled in EFMP. It's stocked with sensory items, EFMP appropriate games, art supplies, and safety items for all ages! Families can borrow items for up to 30 days. Appointments are required, drop-ins are on a case-to-case basis.

Call for more information:
520-692-6363/ 913-684-3838

WIGGLES & GIGGLES

Fridays
10am - 11am
ACS Playroom
600 Thomas Ave

FREE
Ages 3-12 months
Register by COB
Thursday



We wanna go...

Get their wiggles out and join in some baby giggles! Take a moment to connect with other parents! Babies learn through play! So let's get on the floor and explore!

For more info or to register call 913-297-3212



Play Morning

Thursdays from 9-11:00 a.m.
Ages 3 months - 3 years with Guardian • Resiliency Center

Free play group for ages 3 months - 3 years and their parents/guardians.

Enjoy a large play area with interactive activities, toys and crafts to develop gross and fine motor skills. Play with other kids, meet other parents and learn about healthy childhood development.

Amy Community Services | Resiliency Center | 600 Thomas Ave. | Fort Leavenworth, Kansas
Registration required, out of is day before event (913) 297-3212 or (913) 684-2800

EFMP & Waiting Families Presents ZUMBA

Get ready to Move! Get ready to Groove!

Every second Tuesday
9am - 10am
Gruber Fitness Center
200 Reynolds Ave
Fort Leavenworth, KS

Get wrapped up in the music and let's get moving and grooving! Zumba is energetic, fun, and a de-stressor all in one! Designed for all fitness levels this FREE class is open to anyone 18+
Registration is required for attendance.
Call 520-692-6363 or 913-684-2800

EFMP/ Waiting Families RECREATIONAL BOWLING

Every first Saturday of the month
12:00pm - 2:00pm
Strike Zone Bowling Center
165 Fourth St

Meet other EFMP families! EFMP Recreational Bowling is a fun way to socialize, and sharpen fine motor skills.

All ages welcome!
FREE for the entire family including shoes!
Bumpers, bowling ramps, and lightweight bowling balls are available.

Pre-registration is required the Wednesday before the event. Fort Leavenworth Waiting Families, call ACS to reserve your spot! Call 913-684-2800 for more info or to register

Playground Palooza!

Every 2nd Tuesday from 9am - 10am
@ The EFMP Playground
(through the month of October)

Come out and get to know other EFMP Families while the kids play! Every month there will be a NEW and EXCITING activity for the kids!
Open to EFMP Families only.

Registration is required the Friday before the event. Call 520-692-6363 for more info

Activities*
May- Chalk Art
June- Art Esses
July- Popicles
August- Bubbles
September- Juice Boxes
October- Pumpkin Decorating
*Subject to change

SKIES

Save the Dates!

- Students Music Recital**
April 10 @ Pioneer Chapel 5:30pm
- SKIES Summer Enrollment**
opens April 13 9:00am
- Newsies Jr. Performances**
May 9 @ Post Theater 2pm & 7pm
- Student Dance Recital**
May 20 @ Post Theater 6:30pm
- SKIES Open House**
July 30 @ Patch Community Center 5:30pm

call for more info : 913-684-3207

Be prepared for whatever life throws at you with **Financial Touchpoint Tuesdays**

Tuesdays from 11:30am - 1:00pm
Resiliency Center & MS Teams*
600 Thomas Ave
Fort Leavenworth, KS
816-500-3136

*Call now to be emailed the link to Teams

Financial Readiness or FINRED classes are designed to help Military members and their families successfully navigate any financial situation. Available as a hybrid lunch and learn class series.

Classes include:
Wealth Building & Planning for Retirement
Welcoming a New Child in the Army
Vesting in the Thrift Savings Plan
Financial Implications of Divorce
Disabling Condition or Sickness
Entitlement to Continuation Pay
Permanent Change of Station
Banking & Financial Services
Consumer Awareness
Car Buying Strategies
Marriage in the Army
Military Pay Insurance

Free and available to all Active Duty Military members. Retirees, their families, and their dependents.

Scan for Full Event Details and Sponsors

BUFFALO BILL WILD WEST & MILITARY HISTORY FESTIVAL

JUNE 20-27, 2026
Leavenworth, Kansas

Friday, June 26
Wild West Jamboree at Haymarket Square
Cook-Out
Outhouse Races
"Whiskers of the West" Beard & Mustache Contest
Music by Bo & the Beards

Saturday, June 20
VFW Post 56 "Pre-250" Year Anniversary Breakfast

Monday, June 22
City of Leavenworth
Trivia Night at Ten Penny Bar & Grill

Saturday, June 27
Western Art Show, Hosted by LCAA at Heritage Event & Arts Center
U.S. Military History Camp
Sidewalk Sales and Scavenger Hunt, Hosted by Leavenworth Main Street
"History on the River" at Riverfront Community Center
Lil' Buckaroos at Gazebo Park, free Covered Wagon Rides and more!
U.S. Military Vehicle Display - Salute to our Military
35th ID Army Band Concert at Haymarket Square
Buffalo Bill Wild West Dinner & Bingo
Hosted by Eagles Aerie #55 - 300 S. 20 th Street
Ft. Leavenworth (self guided tours) & Frontier Army Museum

A Community-Wide Celebration of America 250!

ABOUT TO FLIP YOUR LID?
Register for the ACS ANGER MANAGEMENT COURSE

Room 145 at the Resiliency Center
600 Thomas Ave
1:30pm - 3pm

WE CAN HELP
Our 8 week Anger Management Course will teach you a new tool every week to stay cool and collected in even the most difficult of settings. Each week will have realistic scenarios, feedback, and opportunities to apply newly learned skills in a group setting.

Round 1
January 8, 15, 22, 29
February 5, 12, 19, 26

Round 2
May 7, 14, 21, 28
June 4, 11, 18, 25

Round 3
August 6, 13, 20, 27
September 3, 10, 17, 24

Round 4
October 22, 29
November 5, 12, 19
December 3, 10, 17

FREE and open to all DOD ID card holders 18+
Deadline to register is the day before the first day of training. Participants must attend each day in the round. Virtual attendance is available through TEAMS. Call 520-692-6378/6323 for more info.

ACS Family Advocacy Program Presents:

ANGER MANAGEMENT

Jan 8 • Mar 19 • May 14
July 16 • Sept 17 • Nov 5

Thursdays from 11:30AM - 1PM
ACS Conference Room, Room 145
Virtual options available via Teams

Learn how to identify the different kinds of anger and ways anger is expressed. Build skills to deal with strong and destructive behavior and emotions.

FREE and open to DoD ID card holders 18 and above.

Childcare not provided.

Registration is required, and must be done the day before the class.

For more info or to register call, (520) 692-6378/6323

JOIN THE COA FOR ITS INAUGURAL **DOG & JOG**

Scan to register!

A dog-friendly 3K fun run/walk to support the Council on Aging's pet programs, PALS and Pet2Vet.

SATURDAY, JUNE 6
REGISTRATION/T-SHIRT PICKUP: 9AM
RUN/WALK BEGINS: 10AM
REGISTRATION FEE: \$35
ROUTE START/END: 711 MARSHALL ST.

SIGN UP AT COA OR SCAN QR CODE
ALL AGES WELCOME!

Participants must register by May 15 to guarantee event swag.
Proof of current rabies vaccine required for participating pups.

Fort Leavenworth Bicycle Rider Rules

- Wear a helmet that has been approved by the American Society for Testing and Materials or that meets or exceeds the Snell Foundation Safety Standard.
- Don't ride your bicycle on Grant Avenue, use the sidewalk. Always walk your bike through crosswalks.
- You may ride on all sidewalks but should warn pedestrians as you approach (a bell or horn is encouraged) and always yield right-of-way to pedestrians.
- If you ride during limited visibility (night, fog, rain etc.) you must have a headlight and rear reflector.
- Riding in the National Cemetery is prohibited as well as inside of the golf course.
- Don't wear headphones while bike riding.

VFW Veterans of Foreign...
Sharron K. McMahan · 3h ·

Mark your calendars!!

VFW White-Donlon-Hagemester
MOH Post 56
519 Cherokee Street
Leavenworth, KS 66048
(913) 682-9200

"Your Hometown VFW"

BAGELS & BONES

Vinny The Surgeon Dog
Invites all to join us for a 1-2 mile walk in beautiful downtown Leavenworth with your canine pals.
We will meet behind the VFW.
Walk fast or walk slow. Just come out and go.

SATURDAY
March 21, April 18, & May 16
9am

Download the My Army Post App

Stay in the know at your Garrison

- Installation Services
- Gate Hours
- Community Events
- Maintenance Requests
- Weather
- Resources
- AND MORE

WE ARE THE ARMY'S HOME | HOME.ARMY.MIL | ARMYMWR.COM

BINGO

Open to the Public
VFW Post 56
Open to the Public

Doors open at 4:30

- Early bird starts at 6:45
- Main games start at 7pm

Kitchen open 5:30-8pm
Every Wednesday

You've got mail!

Don't miss important **CYS** notifications!

ADD THESE EMAILS TO YOUR SAFE SENDER LIST!

usarmy.leavenworth.imcom-fmwcr.mbx.leav-cymswebmaster@army.mil
usarmy.leavenworth.id-training.mbx.ftlvpncparentcentral@army.mil

Veterans Crisis Line
DIAL 988 then PRESS 1

Life's challenges don't have to define us.

Youth Sports & Fitness Camps

Registration starts April 13!

FITNESS

June 8 - 11
Cost \$40

Age Groups	Time
5 - 8 yrs	0900-1000
9 - 14 yrs	1000-1100

CHALLENGER SPORTS SOCCER CAMP

Camps run Monday - Friday
June 1 - 5 / July 6 - 10 / July 27 - July 31

Age Groups	Time	Cost
3 - 4 yrs	0900-1000	\$110
5 - 6 yrs	1030-1200	\$125
7 - 8 yrs	0900-1200	\$165
10 - 14	0900-1200	\$165

BASEBALL

July 13 - 16
Cost \$40

Age Groups	Time
5 - 8 yrs	0900-1000
9 - 10 yrs	1000-1100
11 - 14 yrs	1300-1400

BASKETBALL

July 20 - 23
Cost \$40

Age Groups	Time
5 - 8 yrs	0900-1000
9 - 10 yrs	1000-1100
11 - 14 yrs	1300-1400

leavenworth.armymwr.com

Starting March 9th, 2026

Fort Leavenworth Group Fitness Classes

GRUBER FITNESS CENTER - 200 Reynolds Ave. - 684-5120
Mon-Fri 0900-1800, Sat and Sun 0800-1700

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530						
0600		Slow Flow (Leslie)		Slow Flow (Leslie)		
0900			Body Pump (Tara)		Body Pump (Tara)	
1000						Power-Yoga (Kim)
1200	Body Pump (Tara)					
1630			Power Cycling (Kim)	Yin Yoga (Brandie)		
1700	Power Yoga (Kim)					

HARNEY SPORTS COMPLEX - 185 Fourth St. - 684-2199
Mon-Fri 0900-1800, Sat and Sun 0800-1700

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0800						
1830		*Power Cut (Kim)		*Power Cut (Kim)		

*Power Cut classes are held in the Bubble Gym

Single Ticket For \$5.00

10 Tickets For \$45.00

20 Tickets For \$80.00

https://leavenworth.armymwr.com

Independent Instructor Class Schedule

Gruber Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday
	Brazilian Jiu-Jitsu 1830-1930		Brazilian Jiu-Jitsu 1830-1930	
	Taekwondo 1800-1900 1900-2000		Taekwondo 1800-1900 1900-2000	

Jiu-Jitsu 1 x a week - \$60 2 x a week - \$75 3 x a week - \$85 Drop in \$20 First class is FREE!
Taekwondo \$65 per month 2x a week - \$10 single class Must have 24 hour access to gym. Classes are 18+ Register in person

Harney Sports Complex

Monday	Tuesday	Wednesday	Thursday	Friday
Weight Lifting 0900-1015		Weight Lifting 0900-1015		Weight Lifting 0900-1015
Youth Olympic Lifting 1600-1700 1700-1800 Bubble Gym		Youth Olympic Lifting 1600-1700 1700-1800 Bubble Gym		

Weight Lifting - \$75 (3 days) \$70 (2 days) \$10 (drop in)
Youth Olympic Lifting - \$75 (NO drop in)
First class is FREE! Weight Lifting is for 18+

Harney Sports Complex & Aquatics Center
185 Fourth St
Ft. Leavenworth, KS
913-684-2199

MWR

Gruber Fitness Center
200 Reynolds Ave
Ft. Leavenworth, KS
913-684-5120

Fort Leavenworth 2026 Events

MAY 2 - CGSC TRIATHLON
Harney Sports Complex • 8AM - 11AM
Register at Gruber or Harney • \$85 Individual, \$115 for relay team

MAY 8 & 9 - 1000LB/400LB CLUB MEET
Gruber Fitness Center • 8AM - 5PM • FREE
Sign up at Gruber Fitness Center or call 913-684-5120 prior to event.

MAY 16 - AEROBATHON
Gruber Fitness Center • 8:30AM - 12PM • FREE
Check out a 20 minute demonstration of each group fitness class.

MAY 23 - DISC GOLF TOURNAMENT
Disc Golf Course • 8AM - 11AM • FREE
Sign up at Gruber Fitness Center or call 913-684-5120 prior to event.

MAY 1 - MAY 31 - 6TH ANNUAL SOFTBALL TOURNAMENT
Harney Sports Complex & Doniphan Field #1 • FREE
Games: Monday & Wednesday 5:30PM, 6:30PM, & 7:30PM

COMMIT-STAY FIT!
#STRONGBANDS

- Attend featured fitness events at your garrison
- Wear your STRONGBANDS wristband throughout May to show your commitment to a healthy lifestyle
- Gain valuable fitness tips throughout May by visiting ArmyMWR.com/STRONGBANDS

SPONSORED BY: US ARMY, USMC, USN, USAF, USU, MILITARY STAR, DISCOVER NETWORK

BRUNNER RANGE 2026 SPECIAL FUN SHOOTS

15 April	Rod & Gun Club
18 April	VFW Post 12003
16 May	Lil Weenie
20 June	Club Championship
18 July	One Gun/ One Choke
15 August	Shuck n' Chuck
19 September	American Legion Post 411
17 October	Lil Weenie
21 October	Rod & Gun Club

Contact Brunner Range for more information
(913) 651-8132

Brunner Range 2026 LEAGUE SCHEDULE

Winter Combo
8 January - 12 March

Spring Combo
26 March - 28 May

Summer Warm-up
4 June - 9 July
16 July - 20 August

Fall Combo
3 September - 5 November

Winter Warm-up
12 November - 17 December

Combo leagues shoot on Thursday evenings. Teams consist of 5(+/-) shooters. All teams take turns supplying an evening meal at approximately 5:30 pm with shooting commencing at 6:00 pm. Summer and Winter Warm-up leagues are individual with the same fee but no food.

Contact Brunner Range for more information
(913) 651-8132

May 1 - May 31 6th Annual Softball Tournament Doniphan Field #1

Games: Every Monday and Wednesday 5:30PM - 7:30PM at Doniphan #1.
There will be a coaches meeting on Wednesday, April 22nd at 5:30PM at Gruber Fitness Center.

Letters of Intent are due by COB Wednesday, April 29th.

Open to Active Duty, DoD Civilians, Retirees, Dependents, Spouses, and Contractors working at Fort Leavenworth ages 18 and older.

League awards given for regular season champions, tournament runner ups and tournament champions.

FREE event!

For more info: (913) 684-3224/5136

COMMIT-STAY FIT!
#STRONGBANDS
ArmyMWR.com/STRONGBANDS

SPONSORED BY: US ARMY, USMC, USN, USAF, USU, MILITARY STAR, DISCOVER NETWORK

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EXISTING FEATURES

- One-click emergency calls
- Near real-time updates
- Installation-wide alerts
- Interactive bus routes
- Current Air Quality Index
- Newcomer information
- Intuitive search functions
- Bookmark common resources
- Resource Alerts
- Events
- Maintenance Requests
- MHS Genesis Login

May 8 & 9 • 1000LB/400LB Club

May 8: 1PM - 6PM • May 9: 8:30AM - 5PM
Gruber Fitness Center

Participants will do 1 rep max in the squat, deadlift, and bench press, Participants will have 3 attempts at each exercise.

The highest successful attempt in each exercise will be added together.

Male participants whose total weight equals or is more than 1000lb will win a t-shirt, and female participants whose total weight equals or is more than 400lbs will win a t-shirt.

Division winners:

- Male heavyweight 180lb and up
- Male lightweight 179lb and below
- Female middleweight 160lb and up
- Female lightweight 159lb and below

Registration is required and can be done at Gruber or by calling, (913)-684-5120. You must register and reserve a time slot prior to event - Event is FREE!

- Not allowed: Wrist straps, knee wraps, bench shirts, squat suits.

COMMIT-STAY FIT!
#STRONGBANDS
ArmyMWR.com/STRONGBANDS

SPONSORED BY: US ARMY, USMC, USN, USAF, USU, MILITARY STAR, DISCOVER NETWORK

You can now pick up and return packages at your Exchange store.

May 16 - Aerobathon

8:30AM - 1PM • Gruber Fitness Center

Get ready because we are hosting an Aerobathon, as part of our Strong B.A.N.D.S. events!

At this event, our Group Fitness instructors will offer 20 minute demonstrations of their classes for patrons to try out. Tryout as many classes as you would like.

Anyone who completes all classes will be eligible for a prize!

Registration is NOT required, just show up

FREE event!

For more info: (913) 684-5120

COMMIT-STAY FIT!
#STRONGBANDS
ArmyMWR.com/STRONGBANDS

SPONSORED BY: US ARMY, USMC, USN, USAF, USU, MILITARY STAR, DISCOVER NETWORK

May 23 • Disc Golf Tournament

8AM - 2PM • Disc Golf Course

Two-person team plays 18 holes, best shot rules.

The two-person best shot format will be used. Both players throw from each lie (starting with the tee shot), then the team chooses which of the resulting lies to continue play from, until the hole is completed.

For score integrity purposes, each team is required to keep the score of their opposing twosome. Teams will be sent onto the course with another team and will keep scores for both their own team and the opposing team. Any team that does not participate with an opposing team will not be eligible to win the tournament.

Prizes will be given out for 1st, 2nd, and 3rd place.

Staggered start from 0800-0900.

Registration is required and can be done at Gruber Fitness Center or by calling, (913) 684-5120

FREE event!

COMMIT-STAY FIT!
#STRONGBANDS
ArmyMWR.com/STRONGBANDS

SPONSORED BY: US ARMY, USMC, USN, USAF, USU, MILITARY STAR, DISCOVER NETWORK

SHARE THE NUMBER SPREAD THE WORD

CALL OR TEXT **988** CHAT 988LIFELINE.ORG

988 SUICIDE & CRISIS LIFELINE

There is hope.

988 SUICIDE & CRISIS LIFELINE

MUNSON NOTES

MUNSON NOTICES

■ Munson Army Health Center is now booking **SCHOOL PHYSICALS** for **STUDENTS ENTERING PRE-KINDERGARTEN OR KINDERGARTEN in KANSAS** for the first time. Scheduling early helps ensure your child is ready for the school year and avoids the post-PCS season rush. Who needs a physical? Students ages 9 or younger who are new to Kansas schools. Call 913-684-6250 to schedule. (Note: Missouri schools only require proof of immunization.) Sports physicals are not yet available. If you are PCSing out of state, wait to schedule your physical until you arrive at your new duty station, as requirements vary by state.

■ In the event a **TORNADO WARNING** is issued on Fort Leavenworth, and the order is given to take shelter, Munson Army Health Center staff will evacuate patients and visitors to the basement level for their safety. MAHC, at 550 Pope Ave., as well as the Lewis and Clark Center on Stimson Avenue and the Single Soldier Quarters on Cody Road, are opened to the public as **STORM SHELTERS** during tornado watches. In the event a tornado watch is activated after duty hours, Medical Department Activity personnel will open the health center for those needing shelter and remain open until all watches or warnings are lifted.

■ Munson Army Health Center offers **CAR SEAT SAFETY CHECKS** by appointment to help give you peace of mind every time you hit the road. Our trained staff will walk you through proper installation, answer your questions and ensure your child is riding as safely as possible. Appointments take just 15–20 minutes. Call 913-684-6604 to schedule.

■ The **MUNSON ARMY HEALTH CENTER PATIENT AND FAMILY PARTNERSHIP COUNCIL** meets quarterly at MAHC. The PFPC captures voices and insights of patients and families to improve the patient care experience. The council is composed of volunteers who represent the interests of patients who receive care from MAHC. Volunteers can be active-duty, active-duty family member, retirees or retiree family members. Call 913-684-6211 or e-mail usarmy.leavenworth.medcom-mahc.mbx.patient-advocate@health.mil if interested in participating.

■ After hours and on federal holidays, beneficiaries can call the **MHS NURSE ADVICE LINE** at 1-800-TRICARE (874-2273). Nursing staff who support the NAL phone lines can assist beneficiaries with non-life-threatening medical concerns and provide further guidance. Beneficiaries experiencing a **MEDICAL EMERGENCY**, such as severe shortness of breath or difficulty breathing, should call 911.

■ It is important that military families new to the Fort Leavenworth community **ESTABLISH A NEW PRIMARY CARE MANAGER** for their health care needs. Munson Army Health Center offers a wide range of primary care providers to choose from for personalized care at a convenient on-post location. Once your new address is established in DEERS, call 1-888-TRIWEST (874-9378) and follow the prompts to establish a primary care manager at MAHC. Learn more about services at munson.tricare.mil.

■ Service members, retirees, family members and Department of Defense federal employees on Fort Leavenworth are **ELIGIBLE TO USE THE ARMED FORCES WELLNESS CENTER FOR FREE**. This includes physical fitness testing, body composition analysis, stress management, improving sleep habits and individual health coaching. You set the goals; the AFWC staff puts you on the path to achieving them. Programs are individualized to address your current needs, motivation and confidence level. Visit the Fort Leavenworth AFWC in Eisenhower Hall or call 913-758-3403 to schedule an appointment. The health educators are also available to go mobile, taking their class to units or organizations on post and family readiness groups. To learn more about AFWC services visit <https://dvidshub.net/r/8 wttlf>.

Nurses Week kicks off at MAHC, runs through May 12



Munson Army Health Center

Photo by Christina Yager/Munson Army Health Center

Munson Army Health Center Deputy Commander for Nursing Col. Gwendolyn O'Keefe, Public Health Nurse 1st Lt. Kennedy Reeves and Primary Care Nurse Lisa Anderson-Pauly helped kick off Nurses Week festivities on Fort Leavenworth with a ceremonial cake cutting May 5 at the health center.

Across the Defense Health Agency, military and civilian nurses serve side-by-side in a variety of specialties, working together to provide high-quality care to patients while supporting medical readiness. Military treatment facilities like Munson Army Health Center also serve as readiness platforms where military nurses maintain the clinical skills needed to support operations downrange — from frontline medical care to emergency and surgical support, hospital-level care in theater and definitive care and rehabilitation outside the combat zone.

Nurses Week is observed each year May 6-12, concluding on the birthday of Florence Nightingale (May 12, 1820), who is recognized as the founder of modern nursing.

